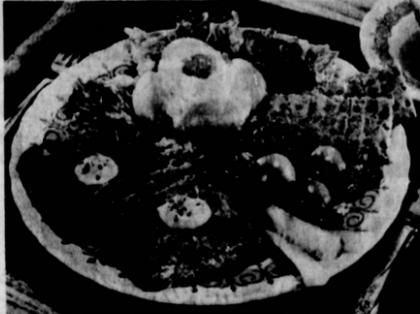




Macaroni Salad Easy On Calories

Tangy Crab Macaroni Salad is pretty enough for a party—and so good that no one will ever guess you're actually "saving" calories. Each generous serving (1/6 of the recipe) has only 267 calories. Accompany each serving with 6 medium asparagus spears lightly dressed with lemon juice, plus 3 cherry tomatoes and cheese toast.

The toast is prepared by lightly buttering slices of bread and sprinkling them with Parmesan cheese. Each bread slice is cut into 4 triangles and toasted in a slow, 300-degree oven, until crisp and golden. One whole slice of bread is a serving.



FOR DIETERS—LUNCH SALAD

Calorie Counters can enjoy a variety in their diets with this colorful luncheon featuring broiled frozen beefsteaks garnished with mustard and a cool summery apricot-cheese salad. Sliced cucumbers, miniature tomatoes and crisp rye wafers add the finishing touch to this nourishing mid-day meal.

Photo courtesy of Kold Kist Frozen Foods

Blue Cheese Adds Tang to Dressing

Fresh vegetables and diced California avocado in lime gelatin are topped with blue cheese salad dressing and given a flavor twist by mashed avocado for saucy Avocado Garden Salad.

With summer varieties of California avocados starting to appear in local markets now, buy several at a time, let them become eating-ripe at room temperature, and use them as table decorations in the meantime.

AVOCADO GARDEN SALAD

- 1 package (3 oz.) lime gelatin
- 1 1/2 cups boiling water
- Lime juice
- 2 tsp. seasoned salt
- 2 avocados
- 1/4 cup thinly sliced green onion
- 1/4 cup thinly sliced radish
- 1/4 cup thinly sliced cucumber or shredded young turnip
- Iceberg lettuce
- 1/2 cup blue cheese salad dressing

Dissolve gelatin in boiling water. Stir in 1 tablespoon lime juice and 1 1/2 teaspoons seasoned salt. Chill until mixture begins to thicken. Meanwhile, cut 1 avocado

lengthwise into halves; remove seed and skin. Dice avocado. Fold into gelatin with vegetables. Spoon into



6 individual molds. Chill until firm.

Unmold salads on lettuce. Cut remaining avocado into halves. Remove skin from seedless half; mash avocado and blend into salad dressing with remaining seasoned salt. Serve with salads.

(Leave seed in remaining avocado half, drizzle fruit with lime juice, wrap in plastic wrap and refrigerate for use next day in sandwiches or a tossed salad).

Makes 6 servings.

EAT SLOWLY

Eat slowly and enjoy your meal. Food bolted in a hurry may cause a "filled up" feeling before you've half finished your meal.

Juggle Calories—Serve Soup!

You can serve soup and juggle calories.

To cut calories for weight reduction, serve beef broth or consommé with less than 50 calories per cup.

To increase calories for weight gain, serve a richer soup, such as cream of asparagus or mushroom. These will yield more than 150 calories per cup when made with whole milk.

One way to trim calories in a cream soup, of course, is to use skim milk in place of whole milk.

There's only one

SKIPPY

TOPS IN QUALITY!
LOW IN PRICE

MOREHOUSE FOODS' new food server premium, a handsome hostess ejector fork for easy serving of hot food, is demonstrated by W. H. Coulson Jr., Morehouse vice president, to Mary Wise. Fork may be purchased for 50 cents and inner jar liner from any Morehouse product.

HOT FOOD SERVICE EASED WITH NEW FORK

By MARY WISE

When is food too hot to handle?

"Never!" reports W. H. Coulson Jr., of Morehouse Foods, Inc., in introducing this month a brand new food server premium.

Out just in time for the start of the barbecue season, the new premium is a convenient hostess serverette, an ingenious fork with an automatic ejector that makes hot foods easy to serve.

The new serverette, triple chrome plated and with cushion grip cape handles for insulation, is offered for a modest 50 cents, plus the inner jar liner from a jar of Morehouse Mustard or any Morehouse product. (It retails from one to two dollars in stores and markets in the area, reports Coulson.)

Fine For Barbecue
The ejector fork is wonderful for weiners, hot potatoes and other hard-to-handle foods. It should fast become a "must" for the barbecue fan.

Morehouse Foods Inc., pioneer West Coast processors of mustards and allied products, have recently completed the first phase of a half million dollar expansion program and are located in their new plant at 150 North Avenue 18 in Los Angeles.

Mustard Mill Used Widely
Along the way the Morehouse Company developed and manufactured their own mustard-making equipment, developing a mustard mill which was so successful that Morehouse now manufactures the machines in its machinery division and sells them to food processors throughout the world.

To insure a uniform quality product in its mustard, Morehouse even distills its own pure white vinegar.

TANGY CRAB MACARONI SALAD

- 8 oz. medium shell macaroni
- 1 cup small curd cream-style cottage cheese
- 1/2 cup chili sauce
- 2 tbs. lemon juice
- 2 tbs. low-calorie creamy French dressing
- 1 tsp. Worcestershire sauce
- 1/2 tsp. salt
- 1/2 cup finely chopped green pepper
- 1/2 cup finely chopped green onion, tops included
- 1/2 cup cooked crabmeat (7 1/2-oz. can Deming's King crabmeat)

Cook macaroni in boiling salted water until tender, yet firm. Meanwhile heat cottage cheese until almost smooth.

Blend in chili sauce, lemon juice, French dressing, Worcestershire sauce and salt. Stir pepper and onion into macaroni. Add cottage cheese mixture and stir lightly. Fold in crabmeat. Cover and refrigerate at least one hour.

Use Eggs for Hot Sandwich Fare

Looking for casual fare on a springtime weekend? Hot egg sandwiches will fill the bill. Eggs are listed on the month's "Plentiful Foods."

CALICO EGG SALAD SANDWICHES

Hollow out 3 hamburger buns, leaving 1/4-inch shells; brush shells with melted butter.

Combine 4 coarsely chopped hard-cooked eggs, 2 tab-

spoons chopped stuffed olives, 2 tablespoons chopped green pepper, 1 tablespoon chopped onion, 1/2 cup grated sharp cheddar cheese, 2 tablespoons chili sauce (optional), 1/2 teaspoon salt, 1/4 teaspoon chili powder and 1/4 teaspoon pepper. Pile filling into buns. Place bun halves on a baking sheet and heat in a 350 degree oven until cheese begins to melt. Serve at once. Makes 3 to 6 servings.

PREVENTS FOOD STICKING

Takes the drudgery out of cleaning pots and pans!

TRY IT TODAY!

Vegalene

QUICK! **Convenient!** **GOOD!**

Just heat and serve over rice, noodles or as a casserole!

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between WONDER and any other bread



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Prove it to yourself. Serve your family the bread that has a difference you can see... a difference you can feel... and a difference you can taste. Wonder "Soft Whirled" has perfect texture—has no holes. And every slice has that famous flavor that has made Wonder a favorite all over the country. Get new Wonder "Soft Whirled" Bread today and make the triple test yourself.



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PUDDING & PIE FILLING

LEMON PIE FILLING

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1. On the front panel of any My-T-Fine box, hand print or write clearly your name and address or use a piece of paper on which you have hand printed "My-T-Fine" in block letters. Mail to: **Dream Stamp Sweepstakes, Box 250, Mount Vernon, New York 10559.**
2. Enter as often as you wish. Each entry must be postmarked no later than July 15, 1965, received no later than July 31, 1965.
3. Prize winners will be selected by blindfold drawings conducted by The Reuben H. Donnelley Corp., an independent judging organization. Its decisions with respect to all phases of the Sweepstakes will be final.
4. Each prize winner may choose one or more items listed in stamp catalogs currently effective in California, provided that the items selected are listed in the catalog as having a total trading stamp value no greater than the prize won. Sponsor reserves the right to determine the stamp plan catalog to be used by winners, or to substitute a cash award equal to the retail value of the stamp catalog prizes. Tax liability on any prize will be the sole responsibility of prize winners.
5. Sweepstakes open only to residents of California. Not open to employees, and their families, of Panick & Ford, Ltd., Inc., The Reuben H. Donnelley Corp., and their advertising agencies.
6. Winners will be notified by mail approximately 30 days after final drawing. For a list of prize winners, send separate stamped, self-addressed envelope to: Winner's List, P.O. Box 500, Mount Vernon New York, 10559.